

NATICK SENTINEL

Welcoming Statement:

Our center strives to create an environment which values diversity, mutual respect, and supports inclusive ways to work to support services, programs, and advocacy for people of all ages and abilities.

Council on Aging

117 E. Central Street
Natick, MA 01760
508-647-6540

Business Hours:

M-W: 8:30 a.m.-5 p.m.
Th: 8:30 a.m.-7 p.m.
Fri: 8:30 a.m.-2:30 p.m.



October 2016

Letter from the Director

Dear Friends,

Please join us the week of October 11th as we celebrate the 4th anniversary of the Natick Community-Senior Center and our 47th year of operation.

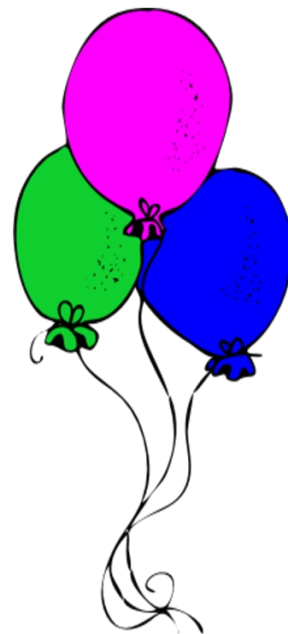
Tuesday, October 11th: Open Studio Day –To thank everyone who frequents the center and to welcome everyone who has not yet discovered the CSC, all classes and programs will be complimentary.

Wednesday, October 12th: Red Carpet Special – Join us for pizza and a movie (*Sing Street*) in the great room at 1:00 p.m.

Thursday, October 13th - Throwback Back Thursday - A collection of photos from the early years to present will be on display and available to take home.

Friday, October 14th - Cake, Tours & Opportunities to Pay it Forward: Enjoy cake, guided tours of the building, and learn about volunteer opportunities at the center and in the community.

See you at the Center,
Susan Ramsey, Director



The Community-Senior Center will be open, but all programs will be cancelled on **November 8, 2016** for the Presidential Election as we are a polling site.



Thank you to all of our volunteers for all of their hard work! Here are a few pictures from a fun filled recognition event on the "Spirit of Boston" held on 9-7-16.



Visit us on Facebook

<https://www.facebook.com/natickcommunityservices>



Volume 14, Issue 8

The **Natick Sentinel** is published 10 times per year. Information is published as a guide and service. The goal is to help provide safe, quality services. Ideas and opinions expressed are those of individuals and not the Town of Natick.

For activities requesting donations or fees, provisions have been made to finance those participants who may have financial difficulties. Reasonable accommodations, audio-visual aids, and other services are available upon request.

Call the Community-Senior Center for more information or to talk to staff, below, at 508-647-6540.

COUNCIL ON AGING STAFF

Susan Ramsey.....COA Director
Lorraine C. McNally.....Asst. Director/Prog. Developer
Karen Edwards.....Volunteer Coordinator
Sharon Kirby.....Program Assistant
Allison Goldman.....Administrative Assistant
Ken Colon.....Department Assistant
Patti Collari.....Department Assistant
Mindy Goldstein.....Technology Program Assistant
Sheila Young.....CIRS-A/D Information & Referral Specialist/Exec. Asst.

HUMAN SERVICES

Debbie Budd, CIRS-A/D.....Case Manager
Teri Checket, MS, LSW.....Social Worker/Coordinator

INSTRUCTORS / GROUP LEADERS

Lois Barbour.....Duplicate Bridge
Robert Baum.....Bridge Instructor
Doris Burke.....Bridge Instructor
Manny Correia.....Line Dancing
Susan Craver.....Zumba
Erika C. Edmands.....Basic Drawing
Michael Franklyn.....Writer's Guild
Sheralee Gladu.....T'ai chi, Strength Training
Charlene Harper.....Muscle Building
Susan Interrante.....All Media Workshop
Donna Lambert.....Knitting
Mala Maurer.....Chair Yoga
Gene Pacelli.....Yoga
Gina Poole.....Goldenaires
Lori Rosen.....Drop in Beading & Neck Coolers
Judith Sachs.....Beaded Flowers
Helen Sicotte.....Quilting
Tom Swan.....Computer Lab
Tony Terrasi.....Pool/ Play Pool
John Vernon.....Chair Aerobics

SPECIAL PROGRAMS

Blood Pressure Clinics.....Natick VNA
Diabetic Support Group.....Joan Hill
Income Tax Prep. Assistance.....John Homberg
Law Help.....Atty. Julie McQuade Ladimer
SHINE (Tuesday).....Marty Maffeo
SHINE (Wednesday).....Phyllis DiSano
SHINE (Thursday).....Mary Keyes & Margaret Snow Reagan

Important Phone Numbers

Emergency: Police, Fire, Ambulance.....911
Bacon Free Library (South Natick).....1-508-653-6730
BayPath Elder Services.....1-508-573-7200
MA Peer Review Org., Medicare Info.....1-508-252-5533
MAB Community Services.....1-800-852-3029
Mass. Dept. of Transitional Assistance.....1-508-628-1200
MetroWest Regional Transit Authority.....1-508-935-2222
MetroWest Medical Center/ Leonard Morse.....1-508-650-7000
Morse Institute Library.....1-508-647-6520
Natick Fire, General Business.....1-508-647-9550
Natick Health Department1-508-647-6460
Natick Police, General Business.....1-508-647-9500
Natick Recreation & Parks.....1-508-647-6530
Natick Town Administrator.....1-508-647-6410
Natick Veterans Services.....1-508-647-6545
Natick VNA.....1-508-653-3081
Senior Citizens Legal Project.....1-508-620-1830
Social Security.....1-800-772-1213

Council on Aging Officers & Board Members

Chair: Harriet Merkowitz
Vice Chair Richard Goldstein
Secretary: Helen Anzick
Board Members: Roberta Ciarfella, Robert Couture,
Donald Greenstein, Bill Grome
Joan Hill, Karen Oakley, Elaine Ostroff,
Salvatore Pandolfo

Associate Member: Steve Zafron

The Council on Aging Board meets the 1st Monday of the month at 7:00 p.m.

Friends of the Natick Senior Center, Inc.

President: Judy D'Antonio
Vice President: Edna Glass
Treasurer: Jerry Pierce
Corresponding Secretary: Margaret Gately
Clerk: Elizabeth Rosa
Gift Shop Manager: Gini Lyster
Board Members: Wilberta Davis, Ann Fremault,
Donna Lambert, Daryl Lippman,
Gini Lyster, Tom Swan,
Charlotte Swartz, John Worcester
Associate Member: Cindy Hurley

Honorary Board Member: Gladys Eagerman

The Friends of the Natick Senior Center, Inc. Board meeting are held the first Tuesday of the month at 10:00 a.m.



FINANCIAL AID

Any community member can request support to offset some or all of the fees associated with an activity.

Please contact our Case Management staff at 508-647-6540 for confidential assistance.

Bulky Waste Collection Day

The Natick Council on Aging and the Natick Human Services are partnering with the Department of Public Works to hold a **BULKY WASTE COLLECTION DAY** on Saturday, October 22, 2016. There will be fifty (50) available slots for Natick residents that are age sixty (60) and older who have difficulty paying the current bulky waste collection fees. For residents who sign up and are selected to participate in this program, bulky waste will be collected at no charge. Some of the items that may be collected as part of the Bulky Waste Collection Day include:

- Air Conditioners
- Computer Monitors
- Dehumidifiers
- Snow Blowers
- Storm Doors
- Windows
- Light Furniture
- Toys
- Microwaves
- Bikes
- Gas Grills
- Tools
- Exercise Equipment

Please refer to the Public Works website for a complete list of acceptable bulky waste items.

<http://www.natickma.gov/292/Bulk-Trash-Pickup>

Participants will need to have all items placed at the curb by Friday, October 21st. There will be a limited number of volunteers available to assist those participants who need help getting items to the curb. **Please call Teri Checket or Debbie Budd at 508-647-6540 for more information and to sign up for this program.** You will be asked to provide a list of your items.

CARE AND PREPARE

The **Natick Emergency Preparedness Team** is continuing to offer a voluntary call system in the event of a weather-related or other town emergency. The purpose of the call is to provide you with up to date information, make sure you are safe and have adequate resources to stay at home for the duration of the event, and to respond to you if you have an emergency situation. You may receive a call prior to and during an emergency informing you of the emergency and instructing you who to call if you need assistance. You or your designee will be responsible for reporting any needs or storm related emergencies. If you are interested in signing up for this program, please request a form at the Natick Community-Senior Center. The information that you provide will be protected, stored in a secure location, and used only in an emergency. **If you signed up last year, you are still active in this program.** For those who use medical devices that require electricity, please remember to provide **EVERSOURCE** with this important information. They will put a special "life support code" on your account and provide additional notifications and recommendations prior to a potential power outage. If you have any questions, please call Teri Checket at 508-647-6542.

It is very important that you protect yourself by getting a Flu Shot. This fall, the Public Health Nurse from the Natick Health Department will be giving flu shots to interested homebound Natick seniors and their household caregivers in the comfort of their home. There is **no charge** for the shot or the visit to your home. If you have Medicare or other Health Insurance, please have your card available when the nurse comes so that the Health Department can receive reimbursement for your shot. If you are homebound and you would like to receive a flu shot, contact the Natick Health Department at 508-647-6460, or health@natickma.org. Leila Mercer, the Public Health Nurse, will then contact you to set up an appointment.

2016 Flu Vaccine Clinics

The Natick Board of Health will be holding flu clinics for Natick residents ages 3 and older.

Wednesday, October 5

10:00 a.m. -12:00 p.m.

5:00 p.m. - 7:00 p.m.

Community-Senior Center

117 East Central Street

Thursday, November 10

5:00 p.m. - 7:00 p.m.

Town Hall

13 East Central Street

2nd Floor

Both Regular and High Dose Flu Shots will be available. Please bring your Health Insurance Card, if you have one. All Flu Shots are FREE of charge, regardless of health insurance status. Registration Forms are available at: www.natickma.gov/health, the Board of Health located in Town Hall, the Community-Senior Center, Morse Institute Library, the Cole Center and at the flu clinics. For more information, please contact the Board of Health at 508-647-6460 or email health@natickma.org.

NEW - Community Connections - Senior Center Without Walls

New program offered via telephone for seniors unable to travel to the Community-Senior Center. The goal is to connect them with a social network, as well as senior center activities, from the comfort of their own homes and create new friendships! Calls will last 30, 45 or 60 minutes on topics ranging from current events, trivia, stories, coffee break, arm chair travel (ex. learn about other countries and their people), as well as topics identified by the callers. The calls will be led by volunteers who will share their skills, expertise, and interests with the seniors. Pre-printed step-by-step and easy to read dial-in instructions will be provided. To participate or request additional information, please call Mindy Goldstein at 508-647-6540 extension 1919.

Red Cross Blood Drives At The CSC

Day	Times	Dates
Mon	2-7 p.m.	Oct 17, Nov 14

Please book an appointment for your donation by calling 1-800-REDCROSS (733-2767) or visit redcrossblood.org.



SPECIAL EVENTS: October

The Goldenaires will be starting up again! Join The Goldenaires for the start of their 2016-2017 season. Rehearsals begin:

Tue Oct 4 10 a.m. free

Author talk by Alison O'Leary, *So Close to Home: A True Story of an American Family's Fight for Survival During World War II* by Michael J. Tougas and Alison O'Leary. Travel back to 1942 with author Alison O'Leary. She will tell the thrilling story based on her book, which recounts the period when German U-boats were stalking ships in American waters, and how a family sailed into harm's way in the Gulf of Mexico. O'Leary is a former Natick resident and was *Natick Bulletin* editor and *Boston Globe* West correspondent for Natick for several years. Book signing after event.

Thur Oct 6 2 p.m. free

Natick During the Revolution - a talk with Natick Historical Society

Join Marg Balcom and Ben Federlin as they discuss how Natick citizens kept themselves informed during this tumultuous time in our history and see some interesting artifacts from that time.

Wed Oct 12 10:00 a.m. free

Brain Exercises - Math Workout for Everyone

Join Swati Dave, our resident computer teacher and expert as she leads this FUN class in math exercises that will help you keep your brain active, sharp and enjoy yourself—really!

Tue Oct 18 11 a.m.-12:30 p.m. free

Book Group at CSC

Join Library Director at Bacon Free Library, Meena Jain, for a fun book discussion on this book of historical fiction and non-fiction. Book pick this week is *The Muralist* by BA Shapiro. *The Muralist* focuses on a young American painter working for the Works Progress Administration (WPA) who vanishes in New York City in 1940.

Tues Oct 18 1 p.m. free

Prebiotics and Probiotics: What to Know

With Baypath Nutritionist, Traci Robidoux

Wed Oct 19 12:30-1:30 p.m. free



Pre-registration required for all classes and events by calling the CSC at 508-647-6540 or by registering online at <https://register.communitypass.net/Natick>

Dance Caliente

Join us for an interactive performance of ballroom and Latin dances by Raul Nieves and Eileen Herman-Hasse, interspersed with humorous stories about the history of these dances and mini-participatory lessons for the audience. Q & A with performers at the end of the show. *This program is supported in part by a grant from the Natick Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*

Wed Oct 19 2:15 p.m. free



What's It Worth?

Antique and Collectibles Appraisal Day at Natick Community-Senior Center

Is it a family heirloom or something you picked up at a yard sale—maybe it's worth something! Bring your treasures, antiques and collectibles for an appraisal by one of our two experts in the field, Kenneth Van Blarcom, owner of Kenneth W. Van Blarcom, Auctioneers and Appraisers in South Natick, and Bene Raia, owner of Raia Auctioneers in Holliston. They will offer **2 appraisals per customer for a \$5 registration fee**. You may bring a maximum of 2 items that you carry in. If you'd like to get an appraisal for furniture or other large items, you may bring a photo on your phone or hardcopy. Pre-registration required for appraisals. You may sign up by coming by the Natick Community-Senior Center and paying cash or check, or you may sign up online at Community Pass. **General admission is free.** You can be part of the audience and listen in to the expert appraisals of items.

Sat Oct 22 10 a.m.-12:30 p.m. \$5

Opera Appreciation Series

This drop-in course will be guided by Ron Williams, an award winning artist familiar to opera and concert audiences throughout New England. He made his Boston Lyric Opera debut in 1992 after touring opera houses throughout Europe. He performed roles with several companies nationally including San Francisco Spring Opera, and Michigan Opera. He sang in the world premiere of "The Last Leaf" with Opera San Jose.

*Due to the generosity of an anonymous donor, scholarships are available on a confidential basis for those who need it. Participants must apply each session the class is offered. Please contact Lorraine at the CSC for details. **No class Nov 11, Veteran's Day***

Fri Sept 16-Dec 16 10:30 a.m. \$5/class



Pre-registration required for classes and events by calling the CSC at 508-647-6540 or by registering online at <https://register.communitypass.net/Natick>

Mindfulness Meditation

Each week, we'll highlight a different practice including silent sitting, body scan, walking meditation, eating meditation, and more. Through guided meditations we'll explore being in the present moment. Some of the reported benefits of mindfulness practice include: enjoy life more fully, relieve stress, lower blood pressure, reduce pain, and improve sleep. Please bring a yoga mat if you have one; chairs will be available.

Thur Oct 13 & 27 11 a.m.-noon free



BIRTHDAY PARTIES WITH THE FRIENDS

Monthly birthday parties are run by our wonderful Friends of the Natick Senior Center! Join us for cake, ice cream, and lots of fun! All are welcome to come — bring a friend, a grandchild, or just yourself! Come and celebrate with us!

Fri Oct 21 1:30 p.m. Free

Basic Estate Planning

Elder Law Attorney Tim Loff

Mon Oct 24 1:30 p.m. free



NEW - Senior Learning Network Program Presidential Papers and the National Archives.

Offered by: Franklin D. Roosevelt President Library & Museum

An introduction to the exciting world of presidential papers and the National Archives. Through an in-depth look at the more than 17 million pages of primary source material in the holdings of the Roosevelt Library (the nation's first presidential library), participants will be given a brief history of the presidential library system in general, and the FDR Presidential Library specifically. Program length is 30-45 minutes.

Please call CSC for information.

Mon Oct 24 OR Oct 31 1:30 p.m. free

Help Others To Speak English

Adults from other countries studying English need to practice speaking. Are you interested in sitting and chatting with one adult once a week for 8 weeks? No teaching experience necessary. Support people will be present to help you.

Mon 11 a.m.-noon free

Group meetings: Oct 3, 17, 24, & 31
Nov 7, 14,

No class on Columbus Day, October 10, 2016



SPECIAL EVENTS: November

Balance Matters: A Falls Prevention Workshop

Physical Therapist, Margie Anderson MPT, from Natick Visiting Nurse Association, will discuss what the risk factors are for falls; home safety; tips for minimizing risk for falls, and exercises to improve balance.

Wed Nov 9

"Hamilton and the Nation's Money" with Gary Hylander



Hamilton remains the most neglected of the Founding Fathers. In part, this is because Jefferson and Adams, his most bitter rivals, outlived him by decades and did everything they could to bury his reputation. Today however, we remember Hamilton as the nation's first Secretary of the Treasury, who brilliantly forged the financial and economic institutions which turned America into today's modern capitalistic superpower. Join us for this fascinating talk with historian Gary Hylander as he brings the person and politician, Hamilton, to life! **NEW TIME is 1:00 PM.**

Thur Nov 10 1:00 p.m. free

Friends' Craft Fair:

Friends of the Natick Senior Center, Inc is holding their Annual Crafts Fair at the Natick Elks, 95 Speen St.

Wed Nov 12 9 a.m.- 3:00 p.m. free

MassHealth Basics

Join Elder Law attorney, Tim Loff, who will talk about elder care under Medicaid in Massachusetts, called MassHealth: how it works, how it can pay for care in the home, in assisted living, or in a nursing home, and eligibility issues. Will have hand-outs and Q & A.

Mon Nov 14 1:30 p.m. free

Healthy Eating & Nutrition

Join Joan Hill, RD, CDE, LDN for this informative session on the latest science behind the best foods to eat, hydration, and maintaining your health.

Tues Nov 15 11:00 a.m. free



Your Town, Your Voice Natick's new master plan needs you!

What is our shared vision for Natick's future development and how do we get there? That's what Natick2030+ is about. We're planning now for what we want Natick to be for our own future and for generations to come.

Phase 1 - Natick Now

Save the evening of November 15 at Wilson Middle School for a presentation and community-wide discussion about the state of the town today and what we want to be in the future.

Sign up and learn more at www.natick2030.com.

SPECIAL EVENTS: November

Shopping for an E-Reader

Looking for a holiday gift? Or thinking of upgrading your e-reader? Join Morse Library associate, Dave Bartos, as he reviews various e-readers, and what to look for when you are shopping around. He will also explain how to download free e-books from home using the Minuteman Library Overdrive system and your library account. He'll talk about e-reader features including highlighting text, bookmarks, notes, and changing your text settings for accessibility. He'll also bring a variety of e-readers to demonstrate.

Thur Nov 17 1:30 p.m. free

Slice of Pie = SAVE THE DATE

Thur Nov 17 2:30 p.m. free

GAMES & ART

Art Workshop

Welcome artists of all levels. Work on your project in the medium of your choice (no turpentine). Bring a plastic cover for your area.

Mon 3:00 p.m. - 5:00 p.m. free

Beaded Jewelry Making Program – Drop In

Come and make your own beaded jewelry creations including earrings, bracelets, necklaces, etc. All materials are provided and there is a modest charge per item made and taken.

Mon Oct 17, Oct 31 10 a.m. free

Beaded Flower Class: *Beginners welcome!*

Join us as we learn the art of beaded flower making from a knowledgeable instructor. Participants will learn how easy it is to make beautiful beaded flowers and arrangements.

Tue 1:00 p.m. \$10 fee for materials as needed

Portrait Painters

Clothed models pose for class attendees. All mediums are used; however, turpentine is not allowed. Models are paid through the class fee of \$6/per class. If you would like to model for the group please call the CSC. Cash or check due on the day of session.

Thur Oct 6, Oct 13, Oct 20 10 a.m. \$6 per class

Writer's Guild

This group of (mostly) amateur writers provides support to other writers, a venue to test your writing efforts by reading your work aloud, and gentle guidance and feedback from group members, if you wish. Members share their work including poetry, fiction, memoirs, essays, and journal entries. This group will help you improve and learn from your peers.

Tue 1 p.m. ongoing free



COMPUTERS

Pre-registration required for classes and events by calling the CSC at 508-647-6540 or by registering online at <https://register.communitypass.net/Natick>

Computer Lab

Instructor: Tom Swan, Ray Berggren

Drop-in, first come, first served with your computer questions.

Tue, Wed, Thur	1 – 3:00 p.m.	ongoing	free
Mon, Fri	9-noon	ongoing	free

FOSS (Free, Open-Source Software) User Group

Learn about good, free, reliable software for your computer, and share ideas with others who use it! The best of it rivals what you can buy, and also breathes life back into weaker computers. FOSS is now the most common software on everything from smart phones to the biggest computers of all. Excellent FOSS applications can fit your computer, your interests, and your abilities. All computer users are welcome.

Thur Oct 6, Nov 3 3-6 p.m. free

Microsoft Word with Swati

Come and learn all about editing and formatting documents, inserting tables, setting up pages, along with creating design elements (images and clip art), creating a template. Small group size will allow for time for questions and individual attention!

Sat Oct 1 & Oct 8 10 a.m.-noon \$30

Microsoft Excel with Swati

Creating Excel spreadsheets, using basic formulas and formatting sheets; inserting graphs and managing data (for use as database). Good if you'd like to brush up on your skills, for use with personal finance or work. Small group size will allow time for questions and individual attention.

Sat Oct 15 & Oct 22 10 a.m. – noon \$30

Let's Talk about Security

Please join an associate from the Apple Store, Natick Mall, to get more comfortable with your iPad as we talk about security. How do you know if you are buying from a secure site? How do you manage passwords so they are safe and secure? What happens if you get an email from a friend who asks you to click a link? How can you block spam text messages? Class size limited to 10.

Fri Oct 14 1 p.m. free

How to Take Great Photos with your iPad!

Please join an associate from the Apple Store, Natick Mall, to get more comfortable with your iPad and learn how to use your camera and add filters to take photos; learn how to take slow motion videos (if applicable) and how to edit them. If possible, class can walk outside to take photos, weather depending. Class size limited to 10.

Fri Oct 28 1 p.m. free

IPad classes will be taking a break until the New Year. Join us again in January 2017 for some great new classes!

COMMUNITY

Pre-registration required for classes and events by calling the CSC at 508-647-6540 or by registering online at <https://register.communitypass.net/Natick>

Bagels With The BOS

Enjoy conversation with members of the Board of Selectmen. Bagels provided by Whitney Place.

Thu 9 a.m. Oct 27, Nov 17 free

Representative Linsky's Office Hour

Meet with Rep. Linsky and bring your concerns or questions.

Mon 9:30 a.m. Oct 17, Nov 14 free

Senator Ross's Office Hour

Meet with Sen. Ross to discuss any concerns or questions you may have.

Tue Oct 18 at 11 a.m. free

Get to Know Your Town Government

A conversation with Sue Salamoff, Natick Board of Selectmen. Come with your questions!

Thu Oct 6, Nov 3 9:30 a.m. free

Coffee And Current Events

Instructor: Joe Weisse

Discuss international, national, state and local issues of the day with Joe Weisse, the host of Conversations on the Natick Cable Government Channel. Joe serves on the Natick Safety Committee and on the MBTA Advisory Board. Joe, a 30-year resident of Natick, is a former State Agency Public Information Officer.

Fri Oct 28, Nov 18 10:30 a.m. free

TED Talks Discussion Group

This is a casual group that enjoys TED (Technology Entertainment and Design) Talks offered by TED.com. This is not a debate group, but rather a collection of courteous individuals who aspire to learn more about their world. We'll watch 30 minutes of Talks and then talk for 30 minutes. **Topic: Play is more than just fun – Stuart Brown.** A pioneer in research on play, Dr. Stuart Brown says humor, games, roughhousing, flirtation, and fantasy are more than just fun. Plenty of play in childhood makes for happy, smart adults -- and keeping it up can make us smarter at any age.

Thur Oct 13 11 a.m. free

Diabetes Self Management Support Group

Come join us! We offer a diabetes self-help support group that provides social, emotional, and educational support for people affected by diabetes, or caring for a loved one with diabetes. Diabetes is a chronic illness which can leave you feeling isolated or uncertain about what you are experiencing. The advantage of a group is that you will feel less alone. Group members find that their feelings, fears, fantasies, and hopes are shared by others. The group is facilitated by Joan Hill, RD, CDE, LD. The group meets the **2nd Tues of the month from 10-11 a.m.**

Drop-in programs: free unless indicated

Days	Program	Times
Mon-Fri	Play Pool	9 a.m.-5 p.m.
Mon, Thurs	Poker	Noon
Monday	Chair Volleyball	Noon
Mon, Wed, Thurs	Movie	1 p.m.; 5:30 p.m.
Monday	Scrabble	1 p.m.
Monday	Ping Pong	3 p.m.
Tues, Thurs	Video Exercise	10 a.m.
Tuesday	Maj Jongg	Noon
Tuesday	Bingo	12:30 p.m.
Tuesday	Writer's Guild	1 p.m.
Wed, Fri	Chair Volleyball	10:30 a.m.
Wednesday	Duplicate Bridge	12:30 p.m.
Wednesday	Knitting/Crocheting	1 p.m.
Thursday	Contract Bridge	9 a.m.
Thursday	Quilting	1 p.m.
Friday	Cribbage	10 a.m.
Friday	Contract Bridge	1 p.m.
Friday	Drop-in Bridge	1 p.m.
Friday	Ping Pong	2-7 p.m.

*natick***connector**




The Natick Connector is a convenient, secure and accessible transportation service for elders and disabled residents. **We are now operating Monday-Friday from 9am-4pm and in addition to our 12 passenger van, we will now also be using a smaller SUV type vehicle.** The service provides door to door transportation to medical appointments, grocery stores, and other personal services in Natick, and the surrounding towns of Framingham, Wellesley, Wayland, Ashland, and Sherborn. The cost for a one-way is \$2; round trip is \$4. Cash is not accepted on-board; call the MWRTA to set up accounts from which the fare is deducted. To register for the service and set up your accounts, please call the Call Center at **508-820-4650** and tell them you want to set up an account with the *Natick Connector*. Please call two business days before you need a ride. Contact Jim with questions or comments at jbrenneman@natickma.org or phone number: **508-647-6540 x1901**.

MONDAY

3
 9:00 Play Pool
 9:00 Computer Lab
9:30 Rep. Linsky's Office Hour
 10:00 Beginner's Bridge w/Doris
10:00 Chair Yoga
11:00 Help others speak English
 11:30 Zumba
 12:00 Poker, *Chair Volleyball*
 1:00 Movie; *Scrabble*
3:00 Art Workshop; Ping Pong
 5:30 Movie

10



Sailing, Sailing
Over
the Ocean
Blue.

Christopher Columbus set sail in 1492.
He had three ships to sail across the Atlantic Ocean.

17
 9:00 Play Pool
 9:00 Computer Lab
9:30 Rep. Linsky's Office Hour
 10:00 Beginner's Bridge w/Doris
10:00 Chair Yoga, Beaded Jewelry
11:00 Help others speak English
 11:30 Zumba
 12:00 Poker, *Chair Volleyball*
 1:00 Movie; *Scrabble*
2:00 Red Cross Blood Drive
3:00 Art Workshop; Ping Pong
 5:30 Movie

24
 9:00 Play Pool
 9:00 Computer Lab
 10:00 Beginner's Bridge w/Doris
10:00 Chair Yoga
11:00 Help others speak English
 11:30 Zumba
 12:00 Poker
 12:00 Chair Volleyball
 1:00 Movie; *Scrabble*
 1:30 Basic Estate Planning
 1:30 Senior Learning Network
3:00 Art Workshop; Ping Pong
 5:30 Movie

31
 9:00 Play Pool
 9:00 Computer Lab
 10:00 Beginner's Bridge w/Doris
10:00 Chair Yoga
 10:00 Beaded Jewelry
11:00 Help others speak English
 11:30 Zumba
 12:00 Poker
 12:00 Chair Volleyball
 1:00 Movie; *Scrabble*
 1:30 **Elder Law Update**
3:00 Art Workshop; Ping Pong
 5:30 Movie

TUESDAY

4
 9:00 Play Pool
 10:00 Video Exercise
10:00 Bereavement Support Group
 10:00 Advanced Muscle Building
 10:00 The Goldenaires
 11:00 Muscle Building, *Chair Aerobics*
 12:00 Mah Jongg
 12:30 BINGO
 1:00 Writer's Guild; *Computer Lab*
 1:00 Beaded Flowers
3:00 Intermediate Bridge w/Robert
 5:30 Muscle Building

11
 9:00 Play Pool
 10:00 Video Exercise
10:00 Diabetes Self Management
 10:00 Advanced Muscle Building
 10:00 The Goldenaires
 11:00 Muscle Building, *Chair Aerobics*
 12:00 Mah Jongg
 12:30 BINGO
 1:00 Writer's Guild; *Computer Lab*
 1:00 Beaded Flowers
3:00 Intermediate Bridge w/Robert
 5:30 Muscle Building

18
 9:00 Play Pool
 10:00 Video Exercise
 10:00 Advanced Muscle Building
10:00 Bereavement Support Group
 10:00 The Goldenaires
 11:00 Muscle Building, *Chair Aerobics*
 11:00 Brain Exercises, Senator Ross
 12:00 Mah Jongg
 12:30 BINGO
 1:00 Writer's Guild; *Computer Lab*
 1:00 Beaded Flowers, Book Group
3:00 Intermediate Bridge w/Robert
 5:30 Muscle Building

25
 9:00 Play Pool
 10:00 Video Exercise
 10:00 Advanced Muscle Building
 10:00 The Goldenaires
 11:00 Muscle Building, *Chair Aerobics*
 12:00 Mah Jongg
 12:30 BINGO
 1:00 Writer's Guild; *Computer Lab*
 1:00 Beaded Flowers
3:00 Intermediate Bridge w/Robert
 5:30 Muscle Building

WEDNESDAY

5
 9:00 Play Pool
 9:30 Art with Erika
 10:30 Chair Volleyball
 11:00 Chair Aerobics
 12:00 Line Dancing
 12:30 Duplicate Bridge
 1:00 Computer Lab; *Knitting*
 1:00 Movie
 1:30 Blood Pressure
 5:30 Movie

12
 9:00 Play Pool
 9:30 Art with Erika
10:00 A Talk With Natick Historical Society
 10:30 Chair Volleyball
 11:00 Chair Aerobics
 12:00 Line Dancing
 12:30 Duplicate Bridge
 1:00 Computer Lab; *Knitting*
 1:00 Movie
 1:30 Blood Pressure
 5:30 Movie

19
 9:00 Play Pool
 9:30 Art with Erika
 10:30 Chair Volleyball
 11:00 Chair Aerobics
 12:00 Line Dancing
 12:30 Duplicate Bridge
12:30 Prebiotics and Probiotics
 12:30 Music at Wellesley College
 1:00 Computer Lab; *Knitting*
 1:00 Movie
2:15 Dance Caliente
 5:30 Movie

26
 9:00 Play Pool
 9:30 Art with Erika
 10:30 Chair Volleyball
 11:00 Chair Aerobics
 12:00 Line Dancing
 12:30 Duplicate Bridge
 1:00 Computer Lab; *Knitting*
 1:00 Movie
 1:30 Blood Pressure
 5:30 Movie

THURSDAY

FRIDAY

6
 9:00 Play Pool; *Contract Bridge*
9:30 Get to know your Town Government
 10:00 Video Exercise; *Advanced Muscle Building*
 10:00 Portrait Painters
 11:00 Muscle Building
 12:00 Poker
 1:00 Movie
 1:00 Computer Lab, *Quilting*, **The Nurse Is In**
2:00 Author Talk by Alison O'Leary
3:00 FOSS
 5:30 Movie
 5:30 Muscle Building

13
 9:00 Play Pool; *Contract Bridge*
 10:00 Video Exercise; *Advanced Muscle Building*
 10:00 Portrait Painters
 11:00 Muscle Building; **TED Talks**
11:00 Mindfulness Meditation
 12:00 Poker
 1:00 Movie
 1:00 Computer Lab, *Quilting*, **The Nurse Is In**
 5:30 Movie
 5:30 Muscle Building

20
 9:00 Play Pool; *Contract Bridge*
 10:00 Video Exercise; *Advanced Muscle Building*
 10:00 Portrait Painters
 11:00 Muscle Building
 12:00 Poker
 1:00 Movie
 1:00 Computer Lab, *Quilting*, **The Nurse Is In**
 5:30 Movie
 5:30 Muscle Building

27
 9:00 Play Pool; *Contract Bridge*
9:00 Bagels with the BOS
 9:00 , 9:45, or 10:00 WW II Visit
 10:00 Video Exercise; *Advanced Muscle Building*
 11:00 Muscle Building
11:00 Mindfulness Meditation
 12:00 Poker
 1:00 Movie
 1:00 Computer Lab, *Quilting*, **The Nurse Is In**
 5:30 Movie
 5:30 Muscle Building

7
 9:00 Play Pool
 9:00 Computer Lab
 10:00 Strength Training Class, *Cribbage*
 10:30 Chair Volleyball
10:30 Opera Appreciation Series
 11:00 Chair Aerobics
 11:15 Tai Chi
 1:00 Intermediate Contract Bridge
 1:00 Drop-in Bridge
 2:00 Ping Pong
 2:15 Yoga ***Please bring your own mat**

14
 9:00 Play Pool
 9:00 Computer Lab
 10:00 Strength Training Class, *Cribbage*
 10:30 Chair Volleyball
10:30 Opera Appreciation Series
 11:00 Chair Aerobics
 11:15 Tai Chi
 1:00 Intermediate Contract Bridge
 1:00 Drop-in Bridge
1:00 Let's Talk About Security
 2:00 Ping Pong
 2:15 Yoga ***Please bring your own mat**

21
 9:00 Play Pool
 9:00 Computer Lab
 10:00 Strength Training Class, *Cribbage*
 10:30 Chair Volleyball
10:30 Opera Appreciation Series
 11:00 Chair Aerobics
 11:15 Tai Chi
 1:00 Intermediate Contract Bridge
 1:00 Drop-in Bridge
1:30 Birthday Party with the Friends
 2:00 Ping Pong
 2:15 Yoga ***Please bring your own mat**

28
 9:00 Play Pool
 9:00 Computer Lab
 10:00 Strength Training Class, *Cribbage*
10:30 Coffee and Current Events
10:30 Opera Appreciation Series
 10:30 Chair Volleyball, *Opera*
 11:00 Chair Aerobics
 11:15 Tai Chi
 1:00 Intermediate Contract Bridge; *Low Vision*
 1:00 Drop-in Bridge
1:00 How To Take Great Photos With Your iPad
 2:00 Ping Pong
 2:15 Yoga ***Please bring your own mat**

October 2016

Fitness Room At CSC

The Fitness Room at the CSC is a small community gym with cardiovascular equipment, KEISER pneumatic weight machines, and free weights. To join you must complete an orientation session, which you can sign up at the front desk at the CSC. There is a \$5 orientation fee. The fee will be deducted from your membership cost if you decide to join the fitness room. Please arrive early for your scheduled orientation time, as late arrivals will not be permitted. If you do not attend the orientation, or do not arrive on time, the fee is nonrefundable. Membership is for 6 months, and is \$25 for those 60 and above, and \$40 for those 18-59. Gift certificates are available from the front desk at the CSC. Please contact the CSC for more information. **Fitness room hours are Mon-Fri from 7:30 a.m. - 8:00 p.m. and Sat 8:30 a.m. - 12:30 p.m.**

Small Group Personal Training

Instructor: Fitness Together Staff

Small group personal training will focus on strength, flexibility, and balance during the twice-a-week sessions. Individual needs and concerns will be addressed. You will be asked to fill out a health questionnaire for the instructor when you sign up. New sessions start each month. **No sessions on Nov. 8 or Nov. 24.**

Day	Times	Dates	Price
Tues & Thur	10-11 a.m.	Sept 15-Oct 11	\$100 per session
Tues & Thur	10-11 a.m.	Oct 13–Nov 10	\$100 per session
Tues & Thur	10-11 a.m.	Nov 15–Dec 13	\$100 per session

Day	Times	Dates	Price
Tues & Thur	7-8 p.m.	Sept 15-Oct 11	\$100 per session
Tues & Thur	7-8 p.m.	Oct 13–Nov 10	\$100 per session
Tues & Thur	7-8 p.m.	Nov 15–Dec 13	\$100 per session

Weekly Exercise Classes At The CSC

The classes below are on the Multi-Class Exercise Card. Classes are \$3.00 per class and require the purchase of a Multi-Class exercise card. With our new computer system, cards will now be electronic and cost of class will be redeemed upon sign-in the day of class. Electronic cards are available in 2 denominations: 10 classes for \$30, or 5 classes for \$15. You may purchase the new electronic card at the front desk.

- Chair Yoga: Mondays at 10 a.m.
- Zumba: Mondays at 11:30 p.m.
- Muscle Building: Advanced Band Exercises
Tuesdays and Thursdays at 10:00 a.m.
- Muscle Building: Low to Moderate Band Exercises
Tuesdays and Thursdays at 11:00 a.m.
- Chair Aerobics: Tuesdays, Wednesday, and Fridays at 11:00 a.m.
- Evening Muscle Building:
Tuesdays and Thursdays at 5:30 p.m.
- Line Dancing: Wednesdays at 12:00 p.m.
- Strength Training: Fridays at 10:00 a.m.
- Tai Chi: Friday at 11:15 a.m.
- **NEW TIME!** Yoga: Fridays at 2:15 p.m.

Video Exercise

Low impact aerobics. Many exercises can be done from a chair. Richard Simmons' "Silver Foxes" will be used.

Chair Volleyball

Chair volleyball is a modified version of regular volleyball played with an inflatable beach ball. It's a great team activity that can improve upper body strength, mobility, balance, and strength.

Day	Times	Dates	Price
Tues, Thur	10 a.m.	ongoing	free

Day	Times	Dates	Price
Mon	noon	ongoing	free
Wed, Fri	10:30 a.m.	ongoing	free

Pre-registration required for classes and events by calling the CSC at 508-647-6540 or by registering online at <https://register.communitypass.net/Natick>

TRIPS

Information Session on Trips with AAA and Natick Community-Senior Center in 2017

Join representative Vincent Brown to learn about details on upcoming trips with AAA and Natick Community-Senior Center including: **California Coast, June 11-19, 2017, & Northern National Parks in the U.S., departs September 8, 2017.** Also, if you book any Member Choice Vacations with AAA, please be sure to mention the Natick Community-Senior Center and we'll receive a donation which will support our programs, events, and other fun things we do!

Tues Oct 4 6 p.m. free

Wrentham Outlets- Morning Trip on Natick Connector Bus

Depart CSC 9:30am for a 2 1/2 hour visit. Bus will pick up at noon and return to CSC approx 12:30 p.m. You may bring snacks/water on the bus. There is a \$4 non-refundable registration bus fee.

Wed Oct 12 9:30 a.m. \$4

Mbira: Music of the Spirits of Zimbabwe at Wellesley College

Zimbabwean master musician Fradreck Mujuru is joined by Erica Azim in playing the healing music of the mbira, the instrument used by the Shona to connect the living with the ancestors. Mujuru is known internationally as an outstanding performer, teacher, and instrument maker. Azim is America's leading proponent of the Shona mbira tradition, and has toured with various Shona mbira masters and taught thousands of Americans to play mbira and support the tradition in Zimbabwe. Meet at the Houghton Chapel at Wellesley College or sign up for the Connector Bus which will pick up at Natick CSC at 12:10. For the return trip, will pick up at Houghton Chapel at 1:50 and drop off back at Natick Community Senior Center. Cos of bus is \$4; if driving yourself, event is free.

**Wed Oct. 19 12:30 p.m.
\$4 if taking the Natick Connector**

Festival of Trees at Elm Bank

Meet at Elm Bank, 900 Washington Street, Wellesley, MA 02482 or reserve a free ride on the Connector Bus from the CSC to this annual holiday extravaganza showcasing dozens of beautifully decorated Christmas trees, donated and decorated by local businesses, garden clubs, and individuals. Visitors may purchase a raffle ticket to win a decorated tree at the end of the festival. Don't miss the Snow Village, an enchanting display with model trains winding through villages and vignettes, including Christmas in the City (Boston of course!), Fenway Park, and hundreds of decorated houses and lights is sure to get kids of all ages excited about the holiday season. Handicapped accessible.

Wed Nov 30 10 a.m. \$5

Visit to Natick Museum of WW II

Meet at the Museum of WW II, 8 Mercer Rd, Natick.

Pre-registration required, call 508-647-6540 or sign up in Community Pass. Signed waiver due upon entry to the museum.

Thur Oct 27 9:30 a.m. \$15

Monday Movies: at 1:00 p.m. & 5:30 p.m.

Dates	Film
October 3	<i>Dark Horse</i>
October 10	NO MOVIE: Center Closed
October 17	<i>Hello, My Name is Doris</i>
October 24	<i>45 Years</i>
October 31	<i>My Big Fat Greek Wedding 2</i>

Wednesday Movies: at 1:00 p.m. & 5:30 p.m.

Foreign, Independent, Documentaries; suggestions are welcome!

Dates	Film
October 5	<i>The Wave</i>
October 12	<i>Sing Street</i>
October 19	<i>A Perfect Day</i>
October 26	<i>Marguerite</i>

Thursday Movies: at 1:00 p.m. & 5:30 p.m.

Dates	Film
October 6	<i>The Family Fang</i>
October 13	<i>Eye in the Sky</i>
October 20	<i>The Lobster</i>
October 27	<i>Miles Ahead</i>

Details and movie description available at CSC

Herbs & Spices

L	G	R	U	O	N	E	N	D	O	G	F	N	V	SALT
P	S	I	U	A	R	P	S	U	N	E	E	E	O	PEPPER
G	E	I	N	N	P	E	O	E	T	C	N	C	N	CINNAMON
O	V	T	A	G	L	M	G	O	R	M	N	N	F	BASIL
C	O	M	G	I	E	O	S	A	L	T	E	S	S	PAPRIKA
A	L	C	S	S	A	R	T	T	N	K	L	G	M	DILL
K	C	A	I	N	I	M	U	C	R	O	E	E	L	CUMIN
I	B	F	N	N	T	U	R	M	E	R	I	C	D	OREGANO
R	E	V	E	M	N	M	M	E	P	R	E	S	I	THYME
P	M	C	N	N	I	A	E	N	P	T	M	I	L	NUTMEG
A	I	A	E	G	A	S	M	D	E	E	Y	O	L	ROSEMARY
P	T	N	R	A	A	G	E	O	P	P	H	R	G	SAGE
N	R	O	S	E	M	A	R	Y	N	I	T	N	U	GINGER
B	E	A	G	A	N	R	I	L	L	I	N	R	E	TURMERIC
														CLOVES
														FENNEL



Volunteer Opportunities

Volunteering for the Council on Aging just got easier! If you are interested in becoming a COA volunteer you just go to www.myvolunteerpage.com and search for "Natick". You will be brought to our new volunteer page where you can get information about volunteer opportunities and apply online to become a volunteer.

Transportation Volunteers

Volunteers are urgently needed in our transportation program. We provide transportation, for seniors and residents of all ages with disabilities, to medical appointments and other destinations locally, as well as in Boston. Drivers have the opportunity to meet and get to know many new people while providing a much needed service. This opportunity allows for a flexible schedule, and drivers use their own cars to drive people to destinations to which they are comfortable going. Drivers can also opt to drive our new MWRTA sponsored van. If you are driving the van there is no special license required; however, training will be provided and you will be scheduled into morning or afternoon shifts. To sign up to be a volunteer driver go to www.myvolunteerpage.com, search "Natick", and select the link to our online application.

Fall Leaf Raking For Seniors

This one morning or one afternoon commitment is a wonderful way to help by raking the yard of a Natick senior citizen who is unable to do it on his/her own before the snow falls. This is a great opportunity for a school group, family, girl or boy scout troop, a religious organization, or other individual or group to get involved with making a difference in our community through service. The event happens over several weeks in November, after the leaves have fallen. The homeowner provides the leaf bags, and the volunteers bring their own rakes and other equipment (some homeowners can provide equipment as well). To sign up to volunteer for leaf raking go to www.myvolunteerpage.com, search "Natick" and click on the Leaf Raking Volunteer link on the website.

Property Tax Program

For those who are still interested in participating in our Property Tax Work-Off Program for Fiscal Year 2017, we will be accepting applications until October 15, 2016.

If you have questions or require further information, e-mail kedwards@natickma.org or call the Community-Senior Center at 508-647-6540.

Fuel Assistance

2016-2017 Winter Season

Natick Human Services staff will be helping Natick residents complete applications for the Low Income Home Energy Assistance Program (LIHEAP) for the 2016-2017 winter season. Applicants may be Natick residents of any age, home owners or renters, pay for their own heat or in some circumstances have it included in their rent. Individuals and families may qualify for fuel assistance if the combined total gross annual income of all household members over the age of 18 is within the income guidelines. Following are the guidelines for family sizes/households of up to 5 people. New applicants can begin applying on November 1st.

Fiscal Year 2016 Low-Income Home Energy Assistance Program (LIHEAP)

Income Eligibility Guidelines

Household Size	Maximum Gross Annual Income
1	\$ 34,001
2	\$ 44,463
3	\$ 54,925
4	\$ 65,387
5	\$ 75,849

If you are over income for the LIHEAP program, you may be eligible for fuel assistance through the Salvation Army's Good Neighbor Energy Fund (GNEF). Income guidelines will be available in December and applications can be completed and submitted after January 1st. Please call Debbie Budd at (508) 647-6540 with any questions about fuel assistance, income eligibility guidelines or to schedule an appointment to complete an application.

Eat right – even when money is tight

Did you know that over 4 million older Americans use the Supplemental Nutrition Assistance Program (SNAP) to buy healthy food? If you meet the income qualifications and are approved for SNAP benefits (food stamps), you will receive a special debit card that you can use to buy nutritious foods at most grocery stores. Call Debbie Budd at 508-647-6540 for more information.

Natick Open Door

Weekly community meal and social event, located downstairs at St. Paul's Church Hall (across from Fire/Police station) every Thursday, except Natick School snow days. Come early for music and singing 5-6:30 p.m. Bring some friends - room for all!



Information and Referral

Sheila Young, the Information and Referral Specialist, can offer information and resources for residents of Natick about home care services, assisted living, nursing homes, support groups, adult day health, home delivered meals, and more. Please call 508-647-6540 to speak with Sheila.

Bagels with the BOS

(Board of Selectmen)

Thursday, Oct 27 at 9 a.m.

Representative Linsky

Next Office Hour is

Monday, Oct 17 at 9:30 a.m.

Rep. Linsky will be here to answer Constituents' questions.

Podiatry Clinic with Dr. John

Second Wednesday of each month from 9:00 a.m.-noon. Appointment required, call CSC. A fee will apply.

Blood Pressure Clinics

Oct 12 & 26 at 1:30 p.m.

Veterans Services

For information and aid for Natick veterans and their families, please call Paul Carew or Sheila Young at 508-647-6545.

Bereavement Support Group

Tues. Oct 4 & 18 at 11 a.m.

This drop-in group is for those who have lost a loved one. Bereavement group participation can help to facilitate the healing process. First and third Tuesday of the month. Parmenter Home Care & Hospice facilitates this group.

Diabetes Self Management

Support Group

Tues, Oct 11 at 10 a.m.

Home Delivered Meals

Seniors can get meals delivered to their home through BayPath Elder Services. Call 508-573-7200 for more information. There is a suggested donation of \$3.00.

Ask an Attorney

Private appointments will be scheduled every 15 minutes. Bring your legal questions to an experienced Elder Law attorney. Call to make an appointment.

SHINE

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. They are available at the Community-Senior Center on **Tuesdays, Wednesdays, & Thursdays**. If you have questions regarding your health insurance, please call the CSC and ask for a SHINE appointment.

Supportive Services

A social worker is available by appointment to provide residents of all ages with information, guidance, and help completing applications for various local, state, and federal assistance programs, as well as housing options. **Please call the CSC to schedule an appointment.**

The Nurse is In

Thursdays from 1-2:00 p.m.

A Nurse from the Natick VNA and Distinguished Care Options provides private consultation and education. The nurse will be available by appointment only to discuss any health conditions or concerns.

Low Vision Support Group

Friday, Oct 28 at 1 p.m.

This group, sponsored by the Massachusetts Association for the Blind and Visually Impaired, is for individuals who are losing their vision and would like to learn from and listen to others' experiences. For more information about the group, please call Laurie Werle, (800) 852-3029.

RMV Near Me

The Council on Aging can now conduct certain Registry of Motor Vehicles transactions on-line with assistance from trained volunteers and staff. By appointment only; for more information or to make an appointment, call 508-647-6540.

Don't Wait Until It's Too Late!**Medicare's Open Enrollment Period**

October 15 – December 7

Medicare plans change every year!

This is the time to decide on your coverage for 2017.

SHINE Can Help!

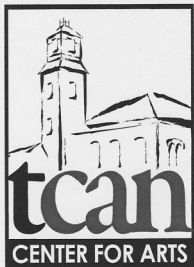
SHINE counselors provide free Medicare counseling.

Call your senior center now for a SHINE appointment between October 15 and December 7!

Or

For assistance from a Medicare customer service representative
24 hours/day, 7 days/week, call **1-800-MEDICARE**.

For SHINE related matters (other than an appointment), call **1-800-AGE-INFO (1-800-243-4636)**, then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will return your call within 2 days.



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Friends of The Natick Senior Center

Dear Friends:

Fall is finally here and we are back to our old schedules. The Lincoln Café is open Monday - Friday, 11:00 a.m. - 2:00 p.m. We look forward to seeing all our old friends after their classes. See what new tasty specials we will be serving. Many thanks to the Sentinel senders. Over 25 showed up enabling us to get the Sentinel out on time. Our notification service is getting better. Share this fun experience with Friends any time from 9:00 a.m. - 4:00 p.m. Date to be announced each month. Bingo is back every Tuesday from 12:30 p.m. - 3:00 p.m. in the Great Room West. We have two new callers and two helpers. We are all learning the process together. Good luck to everyone. Our Volunteer Spotlight shines on Jackie Melchiorri who is seen in our Lincoln Café taking orders, running the register, and serving lunches. She starts some days at 8:00 a.m. working at Meals on Wheels. You probably have seen her caring for the animals at the Natick Community Farm. She also has spent many years at Eliot Healthcare helping the patients at their favorite pastime, Bingo. Jackie graduated from the Natick Public Schools' Achieve Program a few month's ago and now is proficient in many jobs at many locations. Three cheers for Jackie - Hurrah, Hurrah, Hurrah!!! Our next event is our Annual Craft Fair to be held at the Natick Elks on November 12th from 9:00 a.m. - 3:00 p.m. We still need many eager hands to work at our Friends' tables. Become a part of our fund raising effort that ultimately pays for programs, events, and transportation at the Center. Please contact any of the chairpersons, Helen Sicotte, Jerry Pierce or Judy D'Antonio, at the Friends' office number 508-647-6540 and jump on board. Be proud of what you are able to accomplish. I'm reaching out to our many new members who said they wanted to get more involved helping our senior community. Now is your opportunity. Let us know what you want to do and your availability. We know that over 100 volunteers enjoyed the cruise in Boston Harbor on September 7th. Did you know that the Friends paid \$3,000.00 of the cost of this awesome event?! Shortly, we will be contributing to the Holiday Dinner for over 300 seniors. Join our Friends organization and continue to support the seniors. Be a senior supporter. Be a member of Friends of the Natick Community-Senior Center. Be proud to be a senior! See you at the Natick Community-Senior Center.

Judy D'Antonio, President

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Special Thanks to the following Sponsors:

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Council On Aging Board Chair's Corner

October 2016

To design and deliver services which improve the quality of life for those aging in our community through education, support and advocacy...Aging in the best place in good company.

It really is autumn. Summer could last 11 months a year if I had my way. The 12th month would be spring or autumn. I would rather be hot than cold. After saying all that and meaning it, what would I do with only one season a year to complain about?

Each year an annual report is submitted to the Office of Elder Affairs. In that report, some very interesting statistics are reported. Did you know that there were 669 volunteers at OUR COA this past year? These volunteers contributed 12,200 hours of service. What is a little sad is that we are still only servicing about a third of the elders in our community. All of the volunteers and participants are not yet 60 and above. They know a good thing when they see it. The Volunteer Cruise, to thank this year's volunteers, was a huge success. Thanks to the Friends for their support for this event. Who knows what our staff can do to outshine this experience next year?

There are many opportunities to volunteer at our Community-Senior Center. Some of the challenges are one time only, others are on a more regular basis. Some are staff led and others are led by other volunteers. To participate, one only needs to be in touch with our volunteer coordinator, Karen Edwards, attend a seminar to learn of the ways to assist, and complete a CORI check. Helping others will keep you feeling wonderful and smiling.

October begins open enrollment for health insurance. Our SHINE people are terrific – they make the health insurance maze much easier to follow. Make your appointment early – they fill up quickly.

Did you notice the new programs that began in September? The Senior Learning Network Program took us to the Smithsonian American History Museum for a tour of the artwork. Isn't it wonderful to be brought to wonderful places without having to take a plane, train, or bus and still have an expert to answer our questions? We can welcome back Opera Appreciation and Mindful Meditation. I started to count the number of drop in programs and gave up. We offer so many activities in so many areas that there has to be something for everyone.

If you still want to travel, we can help you with that also. Look at our short and long trips. We offer you much to enjoy. Please use us and let us know what we can do to be even better.

See you at our Community-Senior Center. Harriet Merkwitz (harriem18@comcast.net)





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Friends of the Natick Senior Center, Inc Membership Information

You can become a Friend at the Natick Senior Center, Inc. These donations help run programs at the CSC and help pay the cost of mailing the *Sentinel*. We ask for a donation of \$12 per year. If you live outside of Natick or are under 60 years old, we ask that you pick up a copy of the *Sentinel* at the CSC or view it online at <http://natickma.gov/626/Council-on-Aging>. Mail this form and your tax deductible donation to:

The Friends of Natick's Senior Center, Inc. ~ 117 East Central St. ~ Natick, MA 01760

Make checks payable to: The Friends of Natick's Senior Center, Inc.

Please include a stamped, self-addressed envelope if you want a membership card mailed. **Because we use the Natick Census for our 60+ mailing list having your birth date ensures that you will receive your copy of the *Sentinel*.**

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Please check one: Is this: ___ New membership OR ___ Renewal

Name: _____

Telephone #: 1 (_____) _____

Spouse: _____

Address: _____ Birth date: _____

City: _____ State: _____ Zip code: _____

Birth date: _____ email _____

*Yes, I would like to volunteer
for the Friends! (Please check
all that apply)*

___ Membership

___ Café

___ Gift Shop

___ Newsletter

___ Special Events

___ Other (Please specify): _____